PSHE overview including Relationships and Health Education

Year 1

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| **Summer 1** | **Relationships** |
| PSHE  and Relationships and Health Education content | Families and people who care for me  Making friends/being a good friend  Caring and respectful friendships  Being Safe  Physical contact preferences  People who help us  Qualities as a friend and person  Self-acknowledgement  Being a good friend to myself  Celebrating special relationships |
| Lessons | 1. Families: identifying members of our own families and understanding that there are lots of different types of families.  2. Making Friends: knowing what being a good friend means and how to make new friends.  3. Greetings: appropriate ways of physical contact to greet my friends.  4. People who help us: people who can help me in my school community and how to ask for help.  5. Bing my own best friend: my qualities as person and a friend.  6. Celebrating my special relationships: appreciating someone who is special to us. |
| Vocabulary | Family, belong, different, same, friends, friendship, qualities, caring, sharing, kind, greeting, touch, feel, texture, like, dislike, help, helpful, community, feelings, confidence, praise, qualities, skills, self-belief, incredible, proud, celebrate, relationships, special, appreciate, feelings. |